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THE ALCOHOL SWEAT

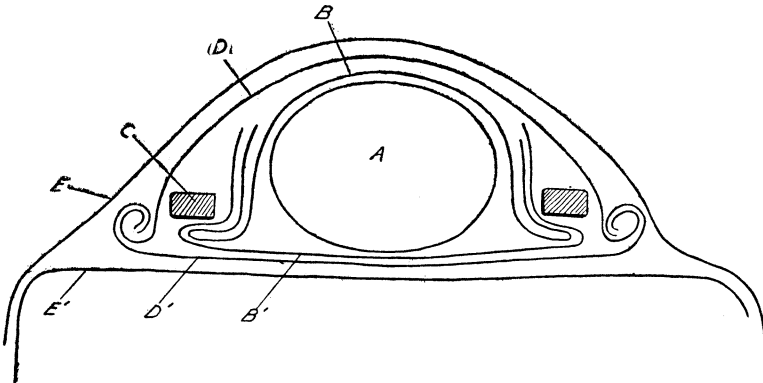
By M. GRACE MATTHEW

Washington County Hospital, Hagerstown, Md.

THE alcohol sweat is a diaphoretic treatment that is not generally known but is very useful in the case of patients who are too weak to use the cabinet sweat. It has no diuretic effect but the diaphoretic effect is marked. The appliances needed are:

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| 4 woollen blankets, | } all well heated, |
| 2 rubber sheets 6'4" x 4'6", | |
| 1 bath towel, | |
| 1 face towel, | |
| 1 nightgown, | |
| 9 bricks heated in oven 1½ hour before being used, | |
| 9 covers for bricks, | |
| 1 basin of ice with two compresses for the head, | |
| 1 bottle alcohol 70 per cent., | |
| 1 glass and drinking tube, | |
| 1 pitcher hot lemonade. | |

Procedure.—Have everything ready at the bedside, bringing the hot bricks in their bags on a tray. Over the patient put a blanket and fold the upper bedclothes down over the foot of the bed. Under the patient put a blanket, a rubber sheet and another blanket. Remove the nightgown. Take the sides of the upper and lower inside blankets together and turn back against the patient on each side, which makes three thicknesses of blanket between the brick and the lower rubber sheet and patient. This is called the "trough." Repeat this at the



Cross section showing arrangement of patient, blankets, bricks, and rubber sheets in an alcohol sweat: *a*, patient; *b*, upper inside blanket; *b'*, lower inside blanket; *c*, hot brick; *d*, upper rubber sheet; *d'*, lower rubber sheet; *e*, upper outer blanket; *e'*, lower outer blanket.

foot. Over the upper inside blanket spread the remaining rubber sheet and fold sides back over patient, leaving the trough exposed. Now place four bricks covered with their bags in the trough on one side, being extremely careful that they are not too close to the patient. Pour the alcohol over all four bricks and quickly roll the edges of upper and lower rubber sheets together. Repeat at the other side and the foot. See that the blankets and rubber sheets come well over shoulders so that as little as possible of the heat and moisture will escape. Over all spread the remaining blanket and bring the bed-clothes up over this.

Apply cold compresses to the head continuously and encourage the patient to drink freely of the lemonade. Watch the pulse closely at the temporal artery. If the pulse remains good the patient remains in the sweat one hour, when the bricks and the blanket and rubber sheet directly above and below are removed. The patient is rubbed dry with a hot towel and left between the other blankets until he has ceased perspiring. The blankets are then removed and the patient rubbed briskly all over with warm alcohol and the hot night-gown put on.

Avoid chilling the surface during or after this treatment. If the patient is delirious or unconscious, the nurse must not leave him, as the slightest movement might lead to severe burns.

HOSPITAL SKETCHES.

By KATHARINE DE WITT
Graduate Illinois Training School

(Continued from page 459.)

FEBRUARY 10—Monday.—My funny Irish woman, Mrs. Maloney, is much dissatisfied with the nurses and doctors. She says they ought to be middle-aged people. We had a horrid afternoon, a rushing, tumbling kind. I had to fly to get around, yet the patients were unusually kind. Bridget encouraged me in her rough way. Poor Alice had a sinking spell and was so sick.

FEBRUARY 11—Tuesday.—A probationer was put into our ward and under my special care. I am having good times teaching her, for she is so nice and quick to learn. We have a patient poisoned with carbolic acid, who is doing nicely. Alice is better.

FEBRUARY 12—Wednesday.—Chaos, rushing, and weariness! Another case of attempted suicide.

FEBRUARY 13—Thursday.—A little negro girl, one of my patients, died this morning. She had only been in a day and was very sick, poor